What is claimed is:

1. A method of modulating the concentration of a targeted RNA molecule in a eukaryotic cell comprising the step of contacting said cell with an oligonucleotide having

a) a first region of nucleotides of one conformation which, when bound to said targeted RNA, forms a substrate for cleavage by an RNase;

b) a second region of nucleotides having a different conformation which, when bound to said targeted RNA molecule does not form a substrate for cleavage by an RNase, and

c) a transition moiety which modulates the transmission of the conformation of said second region into said first region.

2. The method of claim 1, wherein the second region is positioned 5' to the first region.

3. The method of claim 1, wherein the first region comprises deoxynucleotides.

4. The method of claims 3, wherein the second region comprises 2'-O-alkoxyalkyl ribonucleotides.

5. The method of claim 4, wherein the 2'-O-alkoxyalkyl ribonucleotides are 2'-O-methoxyethyl ribonucleotides.

6. The method of claim 1, wherein the internucleotide linkages in the first or second regions are phosphorothioates.

7. The method of claim 1, wherein the transition moiety is positioned between said first and said second regions.

8. The method of claim 1, wherein the transition moiety is a region of 2-10 nucleotides comprising at least one:

a) modified nucleotide, or

b) flexible hydrocarbon internucleotide linker.

9. The method of claim 8, wherein the modified nucleotide is selected from a modified base nucleotide, a modified sugar nucleotide, a modified or unmodified sugar abasic nucleotide, a THF nucleotide, or an acyclic nucleotide.

10. The method of claim 8, wherein the flexible hydrocarbon internucleotide linker is C_3-C_6 alkylene.

11. The method of claim 9, wherein the modified base nucleotide comprises a modified base moiety which does not form hydrogen bonds with the bases of the targeted RNA molecule and can optionally π stack with adjacent bases.

12. The method of claim 11, wherein the modified base moiety is a universal base, a promiscuous base, a size expanded base or a fluorinated base.

13. The method of claim 12, wherein the modified base moiety is tetrafluoroindolyl.
14. The method of claim 8, wherein the modified sugar nucleotide is a 2'-ara-modified nucleotide.
15. The method of claim 14, wherein the 2'-ara-modified nucleotide is a 2'-ara-fluoro nucleotide.
16. The method of claim 8, wherein the modified sugar moiety is an acyclic sugar analog.
17. The method of claim 1, further comprising a third region of nucleotides having a conformation different than the conformation of said first region, said third region when bound to said targeted RNA molecule does not form a substrate for cleavage by an RNase.
18. The method of any one of claims 2, 3, 4, or 5, further comprising a third region of nucleotides having a conformation different than the conformation of said first region, said third region is positioned 3' to said first region and when bound to said targeted RNA molecule does not form a substrate for cleavage by an RNase.
19. The method of claim 18, wherein said third region has the same conformation as the second region.
20. The method of claims 19, wherein the second region comprises 2'-O-alkoxyalkyl ribonucleotides.
21. The method of claim 20, wherein the 2'-O-alkoxyalkyl ribonucleotides are 2'-O-methoxyethyl ribonucleotides.
22. The method of claim 17, further comprising a second transition moiety which modulates the transmission of the conformation of said third region into said first region.
23. The method of claim 22, wherein the transition moiety is a region of 2-10 nucleotides comprising at least one:
    a) modified nucleotide, or
    b) flexible hydrocarbon internucleotide linker.
24. The method of claim 23, wherein the modified nucleotide is selected from a modified base nucleotide, a modified sugar nucleotide, a modified or unmodified sugar abasic nucleotide, a THF nucleotide, or an acyclic nucleotide.
25. The method of claim 23, wherein the flexible hydrocarbon internucleotide linker is C_3-C_6 alkylene.
26. The method of claim 24, wherein the modified base nucleotide comprises a modified base moiety which does not form hydrogen bonds and can optionally π stack with adjacent bases.
27. The method of claim 26, wherein the modified base moiety is a universal base, a promiscuous base, a size expanded base or a fluorinated base.
28. The method of claim 26, wherein the modified base moiety is tetrafluoroindolyl.

29. The method of claim 24, wherein the modified sugar nucleotide is a 2'-ara-modified nucleotide.

30. The method of claim 29, wherein the 2'-ara-modified nucleotide is a 2'-ara-fluoro nucleotide.

31. The method of claim 24, wherein the modified sugar moiety is an acyclic sugar analog.

32. The method of any one of the above claims, wherein the eukaryotic cell is present in an animal.